

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES



WEIGHT TRAINING & HEALTHY EATING CLASS

TUESDAYS & THURSDAYS
OCTOBER 11 - DECEMBER 15
9:00AM - 10:15AM

NEKOOSA AREA COMMUNITY CENTER

REGISTER ONLINE AT:

<https://bit.ly/StrongBodiesWood>

OR CALL/EMAIL:

715-421-8530

HANNAH.WENDELS@WISC.EDU

From eating the right food to the perfect exercise routine, find the best path to a healthier and happier you.



Extension
UNIVERSITY OF WISCONSIN-MADISON